



Review Article

**PANCHAMRUT: A WAY TOWARDS HEALTHIER LIFE AN AYURVEDIC OVERVIEW**

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**ABSTRACT**  
Panchamrut is a holy and sacred traditional ayurvedic drink that is made up of five ingredients (milk, curd, ghee, honey, sugar). It is used for the spiritual purpose like offering to God during poojas and for religious purpose like used in Hindu rituals for the Abhishekam of God sculptures by devotees. Not only spiritual and religious aspects, it also has healthier aspects. The Panchamrut word is a mixture of two Sanskrit words i.e. Panch and Amrut. Panch means five and Amruta means nectar of gods. As per Ayurveda, when these five ingredients are mixed together in equal proportions is called as Divya Panchamrut. Divya means divine and auspicious. All these five Dravyas have their medicinal importance and mentioned in almost every ayurvedic texts but very few authors talked about Panchamrut individually. Everyone has aware of its religious and spiritual benefits but it has numerous health benefits also like it improves immunity, acts as Rasayana, enhances brain function and memory. It has anti-ageing properties and many more. This article will help you to know about the healthier aspects of Panchamrut with immense benefits.

**INTRODUCTION**

*Panchamrut* also known as *Charnamrut* (the nectar of the god's feet) is a traditional Ayurvedic concoction usually prepared during Hindu religious rituals or *Poojas*. It has different aspects:

**Healthier aspects**

When the five ingredients used to make *Panchamrut* are blended in the right amount, it improves the quality and gives better life. It is believed to have various medical advantages for example nourishing the skin, promoting healthy pregnancy and improving brain functions etc. It is additionally said to have medical values which nurture and heal our body along with strengthening our immune system.

**Religious aspects**

Hindu as well as Jain *Poojas*, *Rudrabhishek* and worship, it is often utilized as an offering during the *Poojas* later distributed as *Prasad*. All the religious Hindu *Poojas* and functions are believed to be incomplete without the *Panchamrut*.

**Spiritual aspects**

*Panchamrut* is believed that it generates positive vibes and eliminates the negativity in the surroundings. Different beliefs have been seen that *Panchamrut* helps to gain the purity of life. It is useful in calming the mind, nourishing the brain and useful to eliminates the evil forces.

**History of Panchamrut**

In Hindu mythology, the word Hindu is derived from the Indus River, which means that Hinduism is not only a religion but a way of living. During the Mahabharata period it is expressed that it was one of the valuable ingredients that emerged during *Samudra Manthan* or *Ksheera Sagar Manthan* [1]. The gods and the demons, which was part of this event, had a very long battle in establishing their control over this drink, in the light of the fact that they realized that whoever consumed *Panchamrut* would become immortal until the end of time. According to Hindu mythology, each of the five major ingredients has their own symbolic significance [2]:

- Milk – pioussness and purity
- Curd – prosperity and progeny
- Honey – unity and sweet speech
- Sugar – bliss
- Ghee – victory and knowledge

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**Five Nectors of God**

| S.No. | Qualities     | Cow Milk <sup>[3]</sup><br>( <i>Godugdha</i> ) | Cow Curd <sup>[4]</sup><br>( <i>Godadhi</i> ) | Cow Ghee <sup>[5]</sup><br>( <i>Goghrita</i> ) | Honey <sup>[6]</sup><br>( <i>Madhu</i> ) | Sugar <sup>[7]</sup><br>( <i>Sharkara</i> ) |
|-------|---------------|--|---|--|--|---|
| 1.    | <b>Rasa</b>   | <i>Madhura</i>                                 | <i>Madhura</i>                                | <i>Madhura</i>                                 | <i>Madhura, Kashaye Anurasa</i>          | <i>Madhura</i>                              |
| 2.    | <b>Guna</b>   | <i>Guru, Snigdha</i>                           | <i>Laghu, Snigdha</i>                         | <i>Guru, Mridu</i>                             | <i>Ruksha, Laghu</i>                     | <i>Snigdha</i>                              |
| 3.    | <b>Veerya</b> | <i>Sheeta</i>                                  | <i>Sheeta</i>                                 | <i>Sheeta</i>                                  | <i>Sheeta</i>                            | <i>Sheeta</i>                               |
| 4.    | <b>Vipaka</b> | <i>Madhura</i>                                 | <i>Madhura</i>                                | <i>Madhura</i>                                 | <i>Madhura</i>                           | <i>Madhura</i>                              |

| S.No. | Nectors         | Nutritional Value  | Benefits   |
|-------|-----------------|--|--|
| 1     | <b>Cow Milk</b> | <b>Nutritional value per 100ml<sup>[8]</sup></b><br>Calories: 152<br>Fat: 8gm<br>Protein: 14gm<br>Carbs: 12gm<br>Sugar: 12gm<br>Water: 88%   | Milk balances <i>Pitta</i> and <i>Vata Doshas</i> also having properties of <i>Preenan, Brihngan, Medhya</i> (memory booster), <i>Balya</i> (body strengthening), <i>Manaskar, Shramahara</i> (cure dizziness), <i>Panduhara</i> (cure anaemia), <i>Deepaniya</i> (increase appetite), <i>Jeevniya</i> (strengthening effect) <sup>[9]</sup> . It is <i>Raktapittahara</i> and <i>Vatapittashamaka</i> , so relieve the symptoms like nausea, vomiting, anemia and dehydration <sup>[10]</sup> . It increases <i>Ojas</i> and acts as <i>Rasayana</i> (immuno modulator and rejuvenator) <sup>[11]</sup> .   |
| 2     | <b>Cow Curd</b> | <b>Nutritional value per 100gm<sup>[12]</sup></b><br>Calories: 61<br>Fat: 3.3gm<br>Protein: 3.5 gm<br>Carbs: 4.7 gm  | Curd balances <i>Vata Dosha</i> and having <i>Balavardhaka, Vatanashaka, Pavitra</i> and <i>Ruchikarka</i> property <sup>[13]</sup> . It is <i>Rochana, Agnideepaka, Shukravaradhaka, Snehana, Balavardhaka, Mamsvardhana, Mangalakari</i> and used in <i>Aruchi, Mutrakruchha &amp; Karshya</i> <sup>[14]</sup> .   |
| 3     | <b>Cow Ghee</b> | <b>Nutritional value per 100ml<sup>[15]</sup></b><br>Calories: 123<br>Fat: 14gm<br>Protein: trace amounts<br>Carbs: trace amounts<br>Saturated fat: 9gm<br>Monounsaturated fat: 4gm<br>Polyunsaturated fat: 0.5gm<br>Vitamin A: 13% of the Daily Value<br>Vitamin E: 3% of the Daily Value<br>Vitamin K: 1% of the Daily Value | Ghee balances <i>Pitta</i> and <i>Vata Doshas</i> . Cow ghee enhances <i>Smruti, Buddhi, Agni, Shukra, Oja, Kapha</i> and <i>Meda</i> . It is <i>Shoshahara</i> . Cow ghee is best amongst all <i>Sneha</i> <sup>[16]</sup> . Ghee is best suited for those desirous of <i>Dhi, Smrti, Medha, Agni, Bala, Ayu, Shukra</i> : for those desiring offspring, good complexion, softness of body ( <i>Sukumara</i> ) and good voice; for those suffering from <i>Kshata, Ksheena, Parisarpa</i> , disorders of <i>Vata</i> and <i>Pitta, Visha, Unmada, Shosha, Alaksmi</i> and <i>Jvara</i> <sup>[17]</sup> .  |
| 4     | <b>Honey</b>    | <b>Nutritional value per 20gm<sup>[18]</sup></b><br>Calories: 61<br>Fat: 0gm<br>Protein: 0gm<br>Carbs: 1gm<br>Fiber: 0 gm<br>Riboflavin: 1% of daily value<br>Copper: 1% of daily value  | Honey balances <i>Kapha Dosha</i> . It is <i>Raktapittahara</i> (cure bleeding disorders), <i>Kaphahara, Sandhanakara</i> (heals wound and fractures quickly) <sup>[19]</sup> . It is <i>Agnideepana</i> (improve appetite), <i>Varnya</i> (improves skin complexion), <i>Swarya</i> (improves voice quality), <i>Sukumara</i> (improves softness of skin), <i>Lekhana</i> (scrapes inner side of channels), <i>Hrudya</i> (good for heart), <i>vajikar</i> (aphrodisiac), <i>Shodhana &amp; Ropana</i> (cleanses and heals), <i>Sangrahi, Prasadana</i> (improves skin qualities), <i>Sukshma Marganusari, Pittashleshmahara</i> (balances <i>Pitta</i> and |

|   |       |   |  |
|---|-------|---|--|
|   |       |   | <i>Kapha</i> ), <i>Medohara</i> and beneficial in <i>Prameha</i> , <i>Hikka</i> , <i>Swasa</i> , <i>Kasa</i> , <i>Atisara</i> , <i>Chhardi</i> , <i>Trishna</i> , <i>Krimi</i> and <i>Visha</i> [20].  |
| 5 | Sugar | <b>Nutritional value per 4gm</b> <sup>[21]</sup><br>Calories: 25<br>Fat: 0 gm<br>Protein: 0 gm<br>Carbs: 6.5 gm<br>Fiber: 0 gm<br>Sugar: 6.5 gm | Sugar balances <i>Pitta</i> and <i>Vata Doshas</i> . It is <i>Shukravardhaka</i> (aphrodisiac), used in treating <i>Kshata-Ksheena</i> (injured patients and emaciated people) [22]. <i>Gudasharkara</i> is more <i>Sheeta</i> (coolant), <i>Vrushya</i> , useful in <i>Raktapitta</i> (bleeding disorders) and <i>Trishna</i> (relieves thirst) [23]. |

## MATERIAL AND METHOD

### Quantity

- Cow Milk - 100ml
- Cow Milk's Curd - 20ml
- Sugar - 20gm
- Ghee - 5ml
- Honey - 10ml

### Method

- Boil the cow milk and bring it to room temperature
- Beat the cow milk's curd until smooth
- In a big bowl add the milk
- To this milk add the sugar
- Followed by beaten curd
- Add Ghee which is clarified butter
- And last but not least honey
- Stir it till the time the sugar gets dissolved

**Recommended Daily Dose:** 10-20 ml [24]

### Nutritional Value of *Panchamrut* (100 gm) [25]

- Energy: 123 Kcal
- Fat: 3.9 gm
- Protein: 3.0 gm
- Carbohydrate: 19.0 gm
- Sugar: 8.0 gm



## DISCUSSION

*Panchamrut* gives *Poshana* to *Sapt Dhatus* - the seven bodily tissues i.e. *Rasa Dhatu* (plasma for strength, immunity and vitality), *Rakta Dhatu* (blood), *Mamsa Dhatu* (muscle tissues), *Medas Dhatu* (fatty tissues), *Asthi Dhatu* (bone, teeth and), *Majja Dhatu* (bone marrow and nervous tissues) and *Shukra Dhatu* (reproductive tissues)<sup>[26]</sup>. It balances the *Tridoshas* with maximum balancing effect on *Vata Dosh* - All four except honey balances the *Vata dosha*. Moderate balancing effect on *Pitta Dosh* and least balancing effect of *Kapha Dosh*<sup>[27]</sup>. It acts as *Ojaskar*, *Rasayana* (Immuno-modulator and Rejuvenator). It improves physical strength, skin texture, hair strength and vision. It promotes emotional and mental health. It acts as brain tonic which increases intellectual power and boosts memory. It also strengthens the bones and muscles. It is helpful for pregnancy and prenatal

health. It enhances milk formation and breast feeding. It also helps in male and female infertility as it strengthens the reproductive system. In *Dhanwantarinighantu*, *Panchamrut* is used for the treatment of the *Ajirna* (digestive disorders such as anorexia, weak digestion, dyspepsia etc), *Bhuta* (psychiatric disorder, demonic afflictions and microbial infections etc.), *Vataghanam* (balances *Vata Dosh*, useful in bloating, neurological and musculoskeletal disorders associated with denourishment, emaciation and muscle wasting etc.)<sup>[28]</sup>. *Rajnighantu* explains it as *Divya Panchamruta Yoga*, which is used for treatment of psychiatric disorders, to improve brain power, concentration<sup>[29]</sup>.

**CONCLUSION**

In Ayurveda, these five ingredients when combined in correct proportions have immense health benefits like nourishing the skin, promoting healthy pregnancy, acts as *Rasayana* (Immunomodulator), improving brain function, strengthens bones and muscles etc. The shelf life of *Panchamrut* relies on climatic conditions like in winters, we can save it outside for at least 12 hours but during the summer season it can go stale in a couple of hours due to microbial issues in a tropical nation like India. This vedic drink can relish and be enjoyed by everyone as it is free from all artificial preservatives and colourings. As it is easy to prepare, fresh consumption of *Panchamrut* leads to pure health. But excess intake of this *Panchamrut* can cause indigestion which leads to *Ama* condition so taking the appropriate dosage of this *Panchamrut* can lead to healthy life.

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